



GLUTEN FREE "NEWS"

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Waterloo/Cedar Falls Celiac Support Group



THIRD ISSUE 2013

NOVEMBER 2013

PRESIDENT'S NOTES:

Happy Holidays

Our next meeting will be the holiday potluck dinner.

**~NOTE DATE CHANGE~
Sunday, DECEMBER 15,th at 1:00 PM**

Please bring your family and a dish to pass, Meat (turkey and ham), drink and table setting will be provided by the group.

We will not be charging any dues for the 2014 year. We have money in our bank and voted at the last meeting not to charge dues for 2014. Anyone wanting to make a donation can but no formal dues will be charged. I would like you to fill out a form just so we have current information on hand. You can mail it in or bring it to the holiday party.

**A BIG thank you to Clark Printing for printing our newsletter FREE OF CHARGE. Please contact them if you have any printing needs.
319-233-6637**



~FUNDRAISERS~

The group will be doing some fundraising and your help will be needed!

Please call or e-mail Kristi Simmerman for details and to sign up for this at (319) 234-2104 or ksimmerman@mchsi.com

~MARK YOUR CALENDARS~ UPCOMING CELIAC SUPPORT GROUP MEETINGS

Note: We must have 15 members in attendance to hold meetings. Please call Kristi Simmerman at (319) 234-2104 if you are unable to attend.

Date: Sunday, December 15, 2013
Holiday Potluck

Time: 1:00 p.m.

Place: Covenant Medical Center

Theme: Holiday Fun – bring your family and a dish to share

Date: Sunday, February 2, 2014
Regular Meeting

Time: 2:00 p.m.

Place: Covenant Medical Center

Theme: ??

If you have any information for the newsletter please send it me. I would be more than happy to include it in the next edition. My e-mail is surlygirl@mchsi.com

Check out our Website @ www.wfceliac.com and find us on Facebook @ Cedar Valley Celiacs

Local Restaurants serving up Gluten Free

Bourbon Street – Cedar Falls
Brown Bottle
Carlos O'Kellys
Chuck E. Cheese's
CU Restaurant
Godfather's
Mama Nick's
Montage – Cedar Falls
Noodles & Company
Peppers – Cedar Falls
Pizza Ranch



"No, I don't know if the Gingerbread man was gluten-free."



~NEW PRODUCTS~

NEW BOOK ALERT

I have not read these books, nor do I endorse them. These are just some titles I have come across in my searching that look good and may get added to my own personal library. I thought I'd share.

Grain brain: The surprising truth about wheat, carbs and sugar – your brain's silent killers by David Perlmutter and Kristin Loberg

NEW PRODUCT ALERT

Mi-Del has a limited edition candy cane sandwich cookie coming to grocery stores. Look for it!

There will be a gluten free Girl Scout cookie this year. I have not received specifics on price but I know it's to be a chocolate chip shortbread cookie and Iowa was selected as a test market.

~SHARED & SUBMITTED~

Further Trials for possible Celiac Treatment by Laura Mertens

Submitted by Kristi Simmerman

Further trials of a drug which could some day treat celiac disease have been approved and will begin later this year. Trials will be carried out in two-parts (single and repeated) in 32 patients at a world-leading site for celiac disease research in Finland. The study will be a double-blind, placebo-controlled, dose escalation study of the drug, currently named BL-7010

The primary objective of the study is to assess the safety of single and repeated ascending doses of the drug in well-controlled celiac patients.

So, what exactly is this drug and how does it hope to treat celiac disease?

BL-7010 has a high affinity for gliadins, the proteins in gluten which cause celiac disease. By segregating these proteins, the drug effectively masks them from enzymatic degradation and prevents the formation of peptides which trigger the immune system. The drug is eventually excreted with gliadin from the digestive tract, preventing the absorption of these peptides into the blood. This significantly reduces the immune response triggered by gluten.

"We are very enthusiastic about this unique product, which is generating a lot of excitement from both the scientific and medical communities. Despite the unmet medical need and the huge size of the celiac market, there is no available treatment for the disease apart from a lifelong gluten-free diet, which is extremely difficult to maintain. Since there are also very few products currently in clinical-stage development, we see a significant opportunity in this market for our product." – Dr. Kinneret Savitsky, Chief Executive Officer of BioLineRx (the biopharmaceutical development company developing the drug).

We look forward to hearing more about this trial and it's findings!

<http://www.marketwatch.com/story/biolinerx-announces-regulatory-submission-for-phase-12-trial-for-novel-treatment-of-celiac-disease-2013-09-24>

See more at:

http://www.triumphdining.com/blog/2013/10/11/further-trials-for-possible-celiac-treatment-triumph-dining/?utm_source=Triumph+Dining+List&utm_campaign=589938ed42-Newsletter+7%2F23%2F13&utm_medium=email&utm_term=0_c9c15f454b-589938ed42-121923677#sthash.3cWytkcP.dpuf

The Equate Allergy Relief 180 mg. 24 hr relief (purple package) compares to Allegra 24 Hour is gluten free. I called Walmart info line on the back and they confirmed this.

Submitted by Deb Miller



Dr Pepper Snapple Group products are free of gluten containing materials with the exception of Mr & Mrs T's Horseradish Bloody Mary Mix.

Sincerely,
Lacey
Consumer Relations
Submitted by Rita Smith

Golden Grill Russet Premium Hashbrown Potatoes (Dehydrated). I called the comment line--[888-247-9477](tel:888-247-9477) where I was told the product is manufactured with no wheat, rye, barley, kamut or smelt. Corporate is analyzing Gluten-free labeling in light of the FDA ruling just released. We have found this product to be excellent quality and is fast and easy to prepare. It is specially made for Costco I was told. However I have found them at Sam's Club, Dubuque and saw it was also available in Waterloo, but not Cedar Rapids.
Submitted by Michele DeBlicek

Noodles & Company has some gluten free menu items. They have a rice noodle and a gluten free fusilli. They have several sauces that are gluten free and some meats that you can add to your order. Be specific when ordering. Be sure to tell them that gluten free noodles need to be cooked in clean/fresh water.

Wisconsin Dells – *Uno Chicago Grill restaurants* has gluten free menu and gluten free hamburger buns. Check out their gluten free menu & other locations at:
<http://www.unos.com/menus/glutenFree.php>

~RECIPES~

Soups, Salads, and Breads

Carrot Macaroni Salad
Submitted by Diane Ebert

2 – 8 ounce packages of GF rotini
3 large carrots, shredded/grated

1 green pepper, finely chopped
1 large onion, finely chopped
2 cups mayonnaise
¼ cup white vinegar
½ cup sugar
1 can sweetened condensed milk
Salt and pepper to taste

Boil pasta per package directions. Cool.

Add to pasta the carrot, green pepper, and onion.

Mix mayo, vinegar, sugar, condensed milk and salt and pepper as dressing. Pour over pasta and vegetables and mix well.

Sauerkraut Salad

Side at 2013 Picnic, submitter not listed

1 - 15oz can sauerkraut
½ cup celery, diced
¼ cup onion, chopped
½ cup sugar
¼ cup salad oil
Red, green peppers to taste

Combine all ingredients together. Refrigerate for a half hour before serving.

Shrimp, Mango and Avocado Salad

Submitted by James Surly, my dad

½ lb shrimp, cooked, rough chopped
1 fresh ripe mango, cubed
1 ripe avocado, cubed
Mix together in bowl.

Dressing:

Zest from 1/4 lime
Juice from 1 lime
1/2 diced chile (jalapeno or whatever)
1 1/2 teaspoon olive oil
1 1/2 teaspoon honey

Whisk violently or put in shaker jar and pour over shrimp mixture and mix well. Chill in refrigerator up to 30 min.

Stir and serve over chopped lettuce of choice.



Condensed Cream of Chicken Soup

Submitted by Shannon Jensen courtesy of Andrew Cordova

- ¾ Cup Chicken Broth
- ¾ Cup Heavy Cream, or unflavored almond milk.
- 2 Tablespoons Butter
- 1/8 teaspoon Onion Powder
- 1/8 teaspoon Garlic Powder
- 1/8 teaspoon Pepper
- 1/8 teaspoon Salt
- 1/8 teaspoon Parsley
- 1 ½ Tablespoons Potato Starch

In a medium saucepan melt butter.
Pour in chicken broth and heavy cream.
Add onion powder, garlic powder, pepper, salt, parsley.
Increase heat to medium high and bring to a boil for 2 min.
Turn off heat and slowly whisk in potato starch.

Add shredded chicken or mushrooms to it to make your own.

Appetizers

Gluten Free Bacon Dip

- ¼ cup onion diced
- ½ teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon parsley
- 8 oz cream cheese, softened
- 8 oz (1 cup) Miracle Whip or Mayonnaise
- 6 strips Bacon – cooked crispy then crumbled.

Mix all ingredients well and refrigerate 4 hours.

Entrees

Caribbean Style Roasted Pork

Submitted by Shannon Jensen

- 1 ½ tsp salt
- 1 ½ tsp pepper
- 1 tsp ground allspice

- 1 tsp ground ginger
- 3 Tbs lime juice
- 1 ½ lbs pork tenderloin
- 2 cups White Rice
- 1 (19 oz.) can black beans, undrained
- Fresh pineapple slices as garnish, if desired

Sauce Ingredients

- 1 cup pineapple juice
- ½ cup orange juice
- 3 Tbs brown sugar
- ½ tsp ground allspice
- ½ tsp ground ginger
- ½ tsp salt

Directions

Combine first 4 ingredients. Sprinkle lime juice over pork, and rub evenly with spice mixture. Place on a lightly greased baking sheet. Bake at 450° for 25 to 30 minutes or until a meat thermometer inserted into thickest portion registers 160°. Cut into slices. Prepare rice according to package directions; set aside. Cook all sauce ingredients in a small saucepan over medium-high heat about 10 minutes or until slightly thickened. Cook black beans in a saucepan until thoroughly heated; drain and spoon over rice. Top with pork slices. Serve with prepared Spiced Pineapple Sauce. Garnish, if desired. (Serves: 6)

Apple Beef Brisket

Submitted by Shannon Jensen

- 8 small red potatoes, quartered
- 1 large onion, peeled and cut into wedges
- 1 large apple, peeled, cored and finely diced
- 3-4 lbs corned beef brisket
- ½ head cabbage, cut into chunks
- 4 cups apple cider
- ¾ cup brown sugar, packed
- 2 Tbs gluten free Dijon mustard
- ¼ tsp. ground cloves
- Fresh ground black pepper, as desired

Place potatoes, onion and apple in a large crockpot; top with corned beef brisket. Place cabbage on top. In a small bowl, whisk together cider, brown sugar, mustard, cloves and black



pepper; pour over items in the crockpot. Cook on LOW for 6-8 hours or on HIGH for 3-4 hours.

Side Dishes

Crockpot Macaroni & Cheese

Submitted by Rita Smith

16 oz gluten free macaroni
1 T. veg oil
1 (13 oz) can evaporated milk
1 1/2 cups milk
1 tsp salt
fresh ground pepper, as desired
4 cups shredded sharp Cheddar cheese
1/2 c butter

Cook gf macaroni according to package directions. Drain well. Spray the bottom and sides of 3 1/2 to 5 qt crockpot with cooking spray. Toss hot macaroni in slow cooker with veg oil and add all remaining ingredients. Stir gently to combine, cover and cook on Low 3-4 hrs, stirring occasionally. (Serves 4)

Butternut Squash Casserole

Submitted by Michele DeBlieck

1/3 c Butter
1/2 c sugar
2 eggs
1 t vanilla
1 (5oz) can evaporated milk
2 c baked, mashed butternut squash

Topping:

1/2 c gluten free Rice Krispies
1/4 c chopped pecans
1/4 c brown sugar
2 T butter, melted

Preheat oven to 350 degrees. Combine butter and sugar; beating until fluffy. Beat in eggs, milk and vanilla. Stir in squash. Pour into 7x11-inch dish (ovenproof). Bake 40 minutes at 350 degrees. Combine topping ingredients. Sprinkle on top of baked squash and bake for an additional 5--10 minutes.

May want to whip squash (food processor) for creamy texture. May double recipe for 9x13-inch pan.

Cheesy Baked Green Chile Rice

Submitted by Shannon Jensen

1 Tablespoon Olive Oil
1 teaspoon cumin
1/2 whole green bell pepper, finely chopped
1 cup rice
1 whole scallion, thinly sliced, white and green parts separated
2 cups vegetable or chicken stock (or enough to cook rice to packaged directions)
1/4 cup sour cream
2 Tablespoons cream cheese
8 ounces, fluid canned green chilies in their juices
1 cup shredded cheese, your choice, divided
Salt to taste

Heat a pot to medium heat with a drizzle of olive oil. Add the cumin and green pepper. Cook for 3-5 minutes until slightly softened.

Add the rice. Stir for 2 minutes to coat the rice in the oil and lightly toast, then add the scallion whites and stock. Cover, reduce to a simmer, and cook the rice until done.

To the cooked rice, add the sour cream, cream cheese, canned chilies, and half the grated cheese. Stir, and taste. Add salt if you'd like.

Spread the rice mixture into a baking dish and top with the rest of the cheese.

To cook, broil the top (if the rice is still hot), or bake at 375°F for 20-30 minutes until hot throughout and melty on top.

Note: Make this up to 3 days ahead and keep in the fridge. Bake whenever you'd like to eat it!

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Creamed Cucumber Slices



Side at 2013 picnic, submitter not listed

2 cups mayonnaise
½ cup milk
2 teaspoons sugar
1 teaspoon white vinegar
2 large cucumbers, sliced
Salt and pepper to taste

In a bowl, mix mayonnaise, milk, sugar, and vinegar until smooth. Place cucumber slices in the bowl, and toss to coat with the dressing. Season with salt and pepper. Chill 30 minutes in the refrigerator before serving.

Indian Country Casserole

Side at 2013 picnic, submitter not listed

1 cup uncooked rice
1 can Progresso French Onion soup
½ cup butter, melted
1 can 15 oz. corn, drained
¼ cup green pepper, chopped
1 7 oz can sliced mushrooms, drained
2 T. of Country Fare French Onion Soup Mix

Mix all ingredients together and pour into greased 2 quart casserole dish. Cover and bake at 350 degrees for 60 minutes, stirring once after dish has baked for 30 minutes.

Best Ever Baked Beans

Side at 2013 picnic, submitter not listed

2 – 16-18 oz cans pork and beans (Van Camps)
¾ cup brown sugar
1 teaspoon dry mustard
6 slices bacon, cooked and chopped
½ cup ketchup
Onion and green pepper, optional
Combine all ingredients in a baking dish. Bake at 350 degrees, uncovered for 2 ½ hours.

Desserts

Peanut Butter Cookies

Submitted by Betty Gleason

2 cups sugar

2 teaspoons baking soda
2 eggs, beaten
2 teaspoon vanilla
2 cups Chunky Peanut Butter

Mix all ingredients well. Bake @ 350° on ungreased cookie sheet for 11-12 minutes.

Chewy Peanut Butter Bars

Submitted by Bev Boesen

½ cup butter or margarine
½ cup creamy peanut butter
1 ½ cups sugar
1 cup gluten free all purpose flour mix
2 eggs, beaten
1 teaspoon vanilla extract

In large saucepan, melt the butter and peanut butter. Remove from the heat; add sugar and flour. Stir in the eggs and vanilla. Spread into a greased 10-in x 9-in x 2-in baking pan. Bake at 350° for 28-32 minutes or until lightly browned and edges start to pull away from sides of pan. Yield: 2 dozen

Toll House Bars

Submitted by Bev Boesen

1 stick margarine, melted
6 Tablespoons white sugar
6 Tablespoons brown sugar
½ teaspoon vanilla
1 egg
½ teaspoon warm water
1 cup plus 2 Tablespoons GF flour
½ teaspoon baking soda
½ teaspoon salt
½ cup nuts, chopped
1 cup chocolate chips

Mix everything but the chocolate chips together. Spread in a 9x13 inch pan. Sprinkle chocolate chips on top. Bake at 375 degrees for 2 minutes. Take out and swirl chips. Return to oven and bake 12-14 minutes more.
(I use a 9x9 inch pan. Makes a thicker bar.)

Pineapple Nut Cake – A Dump Cake!



Dessert at October 2013 mtg, submitter not listed

2 cups Gluten Free Flour
½ tsp xanthan gum
1 ½ cups sugar
2 tsp baking soda
3 eggs
½ cup chopped nuts
1 tsp vanilla
1 (20 oz) can crushed pineapple

Preheat oven to 350°. Spray 9x13" pan with vegetable oil spray.

In a mixing bowl, blend together flour, xanthan gum, sugar & baking soda.
Add eggs, nuts, vanilla & pineapple.
Beat with a spoon until liquid & dry ingredients are thoroughly combined. Pour into the prepared pan. Bake 45 minutes or until golden, brown and cake sides pull away from the pan.
Serve warm or cold with whipped cream or whipped topping.

Pumpkin Pie

Submitted by Mary Gray

Gluten Free Pastry Crust (makes 2)

1 Cup gluten free mixed flour
¾ cup tapioca flour
½ cup sweet rice flour
1 Tablespoon sugar
1 ½ teaspoon Xanthan gum

Mix all dry ingredients well.

½ cup shortening
2 Tablespoon butter
¼ cup milk (or more)
1 Tablespoon lemon juice
Add shortening and butter. Mix well. Add milk and lemon juice. Mix well to sticky crumbs. Press and pat into pie pan. *Egg white can be used to prevent soaking. Pour off excess.

Add pie mixture and bake.

Libby's Pumpkin Pie Recipe

¾ cup sugar
½ tsp salt
1 tsp ground cinnamon
½ tsp ground ginger
1/3 tsp ground cloves
2 large eggs
1 can (15 oz) Libby's 100% Pure Pumpkin
1 can (12 fl oz) Carnation Evaporated Milk
1 unbaked 9" deep dish pie crust

Mix sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

Pour into pie shell

Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate.

Note: Do not freeze pie as this will cause crust to separate from the filling.

*1 ¾ tsp pumpkin pie spice may be substituted for the cinnamon, ginger and cloves, however, the taste will be slightly different.

Witches Hats for Halloween

Submitted by Rita Smith

Gluten Free Shortbread Cookies (Schars or any homemade recipe).

Melt 1 cup Chocolate chips & 1 tsp butter or shortening.

Dip top or both top and bottom in chocolate. Put on wax paper and let chocolate set.

Use any gluten free orange frosting. Put frosting into a decorating bag and pipe a small dollop on top of the chocolate on the cookie. Put one Hershey's Chocolate Kiss on top of the frosting. Be sure you use enough orange frosting so the orange shows between the cookie and the Hershey Kiss.



~WEB WORTHY~

If you have a favorite website that the group should be aware of, please send the info to me at

surlygirl@mchsi.com

Magazines

Delight

www.delightglutenfree.com

Easy Eats (digital magazine)

www.easyeats.com

Gluten Free Living

www.glutenfreeliving.com

Living Without

www.livingwithout.com

Simply Gluten Free

<http://simplyglutenfreemag.com>

Resources

Traveling Gluten Free

<http://www.glutenfreeroads.com/en/>

GREAT Gluten Free Kitchens

<http://www.celiaccentral.org/kitchens/>

Membership Form

Waterloo/Cedar Falls Celiac Support Group

Membership dues for 2014 are \$00.00

Waterloo/Cedar Falls Celiac Support Group mail this form by Jan. 31, 2014 to: Denise
Launderville, 108 Celeste St., Hudson, IA 50643

Name _____

Address _____

City _____

State _____, Zip _____

Phone _____

E-Mail _____

Yes, I will accept my newsletters via e-mail to save postage and printing costs

No, I would like my newsletters mailed to the address listed above

Comments and Ideas: _____

Gluten Free Holiday Potluck

December 15th, 1PM

Waterloo/Cedar Falls
Celiac Support Group
108 Celeste St.
Hudson, IA 50643

